

Healthy Holiday Food Swaps

Find a healthy alternative to some of your favorites. Substitute high-in-fat sour cream with protein-rich Greek yogurt. Swap out refined sugar with honey or natural sweetener like Stevia. Small substitutions can make a big difference. Here are some holiday swaps and new recipes to try.

Holiday Food	Healthier Option
Eggnog-220 calories	Apple Cinnamon Tea-0 calories
Chamgagne-100 calories	Sparkling water with a few Raspberries-5 calories
Deep fried turkey-190 calories	Skinless roasted turkey-140 calories
Creamy mashed potatoes-350 calories	Cauliflower Mash-100 calories
Candied sweet potatoes-275 calories	Maple sweet potato casserole-84 calories
Gravy-75 calories	1-point gravy-36 calories
Canned cranberry sauce-110 calories	Low-sugar fresh cranberry sauce-34 calories (made with Stevia)
Traditional cornbread-200 calories	Greek yogurt/whole wheat flour cornbread- 73 calories
Green bean casserole-150 calories	Healthy Green beans casserole-69 calories
Pecan Pie-500 calories	Pecan-Stuffed Dates-150 calories
Slice of apple pie-300 calories	Easy Healthy Sugar-Free Apple Crisp-189 calories
Snickerdoodle Cookies-180 calories	Hot Chocolate-35 calories





Nutrition Facts

Serving Size: 1 tea bag (2g)

Makes: 8 fl. oz.

Servings Per Container: 20

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Potassium 25mg 1%

Total Carb. 0g 0%

Sugars 0g

Protein 0g

* Percent Daily Values are based on a 2,000 calorie diet.

Low-Carb Cauliflower Mashed Potatoes



Just use this Cauliflower Mashed Potatoes recipe in place of regular mashed potatoes for an easy, healthy, and flavorful low-carb alternative.

Ingredients

- 1 medium head of cauliflower, broken into florets
- 3 cloves garlic, peeled
- 1tbs unsweetened almond milk (or milk of choice)
- 1/3 cup parmesan cheese, grated
- ½ tsp sea salt
- ¼ tsp ground black pepper

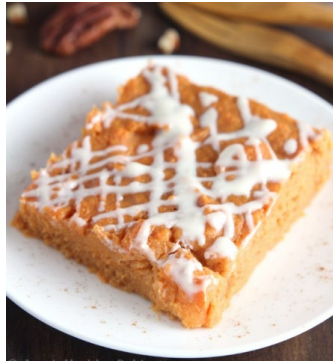
Instructions

1. Heat a large stock pot (with steamer attachment) over high heat until boiling
2. Add the cauliflower and garlic cloves to a steam basket and place over the boiling water. Cover and steam until cauliflower is soft when poked with a fork, about 6-8 minutes. (If you let the cauliflower cool down a bit after it's done steaming, it'll dry out a bit, which makes it much easier to get a good texture when mashed. It also lets you add flavorful liquids to balance out the moisture content)
3. Add the steamed cauliflower and garlic to a food processor, or in a mixing bowl with beaters. Add the parmesan, salt and pepper.
4. Mix contents until they are mostly smooth. You want some texture but not a lot. You may need to scrape the sides of the blender or bowl to move the cauliflower to ensure it all is mashed. Use the almond milk, 1tbsp, by 1tbsp as needed to bring the mixture together. Don't add too much liquid as this will cause the mixture to get soupy. You want to keep it thicker, like mashed potatoes.
5. Serve hot. Garnish with fresh chives or whatever you like on mashed potatoes.

Nutrition Information

Calories 103, Fat 3g, Cholesterol 6.6mg, sodium 419.2mg, Carbs 13.9g, Fiber 3.4g, Sugar 3.2, Protein 7.5mg

Maple Sweet Potato Casserole



This creamy casserole practically tastes like pumpkin pie! It tastes lovely served warm or cold, making it the perfect make-ahead healthy holiday side dish. Store any leftovers in the refrigerator in an airtight container for up to 3 days. Yields 9 squares

Ingredients for casserole

- 4 medium sweet potatoes
- 1 tsp cinnamon
- ¼ tsp salt
- 1 large egg white
- 1 tbsp unsalted butter, melted
- ¼ cup nonfat milk
- 1 tbsp maple syrup

Ingredients for the drizzle

- 2 tbsp plain nonfat Greek yogurt
- 1 tsp maple syrup

Preheat the oven to 350°F, and lightly coat an 8"-square pan with nonstick cooking spray.

Liberally pierce the sweet potatoes with a fork. Place on a microwave-safe plate, and microwave on HIGH for 4-5 minutes. Turn the sweet potatoes upside down, and microwave for an additional 4-5 minutes, or until fork tender. Let them rest for 5 minutes before slicing open and scooping out the insides, leaving a ¼" layer still clinging to the skin. Set aside the skins for stuffed sweet potato skins (recipe coming soon!), and place in an airtight container in the refrigerator once cool.

Add the sweet potato insides and remaining casserole ingredients to a medium bowl, and beat with an electric mixer until creamy. Spread into the bottom of the prepared pan, and bake at 350°F for 20-24 minutes. Cool for at least 10 minutes before serving.

Just before serving, prepare the drizzle by stirring together the yogurt and maple syrup in a small bowl. Spoon into a zip-topped plastic bag, snip off one corner, and drizzle over the sweet potatoes.

Nutrition Information: Calories 84, Fat 1.3g, Cholesterol 3.6mg, Sodium 31.2mg, Carbs 16.1g, Fiber 2.1g, Sugar 7.6g, Protein 2.1g

Tasty Turkey Gravy



Ingredients

1/3 cup reduced-fat butter or Smart Balance Light
1/3 cup all-purpose flour
3 cups reduced-sodium chicken broth or turkey stock
1 cup warmed water
1 tablespoon dry sherry or any cooking sherry
Fresh ground pepper, to taste
1 cup skinless cooked turkey meat, chopped fine

Instructions

1. In a saucepan over medium heat, melt the butter. Whisk in flour and cook for 1-2 minutes. Gradually whisk in broth and water until well mixed. Bring to a boil, reduce heat to low and simmer for 10 minutes.
2. Stir in sherry, pepper and turkey bits. Serve warm in a gravy boat, creamer or small tea pot.
3. The gravy can be made a day in advance and heated before serving.

Makes 4 cups (each serving, 1/4 cup)

Nutrition Information: (1/4 cup serving)- 36 calories, 2g fat, 2g protein, 2gm carbs, 0g fiber, 191 g sodium, 1g sugar

LOWER SUGAR CRANBERRY SAUCE

(Makes 4 cups)



Ditch the canned stuff and make this homemade reduced sugar cranberry sauce instead! It is so simple to make and goes perfectly with your Thanksgiving turkey! (gluten-free, vegan, nut-free)

Ingredients

2 (12 oz) bag fresh cranberries (about 6 cup)

$\frac{2}{3}$ cup orange juice (bottled or freshly squeezed)

1 $\frac{1}{3}$ cup water

1 cup granulated sugar, cane sugar or raw sugar

INSTRUCTIONS

Add all ingredients to a saucepan and bring to a gentle boil, stirring.

Gently boil for 10 minutes, stirring, until cranberries have burst.

Remove from heat and cool to room temperature, then refrigerate, covered, until chilled and set.

NOTE: We always make the cranberry sauce the day before Thanksgiving. That way, it's one less thing to worry about, and you know it will be chilled and set up. You can make it up to 3 days ahead.

Leftover cranberry sauce can be frozen in a freezer safe container. If you prefer sweeter sauce, increase the sugar to $\frac{2}{3}$ cup.

Nutrition Information: Calories 34, Carbs 9, Fat 0, Protein 0

The Ultimate Healthy Cornbread



This easy cornbread recipe tastes just like traditional ones-but with none of the guilt! It's tender, lightly sweetened, and perfect for serving with soup, chili, game day spreads, or anytime you're craving comfort food. Leftovers will keep for at least 5 days if stored in an airtight container in the refrigerator. Yields: 16 squares

Ingredients

- 1 ¼ cups finely ground cornmeal
- ½ cup white whole wheat flour or gluten free flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 tbsp unsalted butter or coconut oil, melted and cooled slightly
- 1 large egg, room temperature
- 1tsp vanilla extract
- ½ cup plain nonfat Greek yogurt
- 2tbsp honey
- ¼ cup nonfat milk

INSTRUCTIONS

1. Preheat the oven to 350 F, coat an 8" square pan with nonstick cooking spray.
2. In a medium bowl, whisk together the cornmeal, flour, baking powder, baking soda, and salt. In a separate bowl, whisk together the butter, egg and vanilla. Stir in the Greek yogurt, mixing until no large lumps remain. Stir in the honey. Alternate between adding the cornmeal mixture and milk, beginning and ending with the cornmeal mixture, and stirring just until incorporated.
3. Spread the batter into the prepared pan. Bake at 350 G for 18-20 minutes or until the edges begin to turn golden and the center feels firm to the touch.
4. Cool in the pan for at least 10 minutes before slicing and serving, for the best texture, let it cool completely to room temperature.

Nutrition Information: Calories 73, Fat 1.4g, Cholesterol 13.6mg, Sodium 100.4mg, Carbs 12.9g, Fiber 1.1g, Sugar 2.7g, Protein 2.5g

Healthy Green Bean Casserole



Healthy Green Bean Casserole. Clean eating recipe without canned soup! Delicious, from scratch recipe with incredible flavor. A classic family favorite!

Ingredients

- 1/2 cup whole wheat panko breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley *plus additional for garnish*
- 4 tablespoons extra-virgin olive oil *divided*
- 2 1/2 pounds green beans *trimmed*
- 1 medium onion *very thinly sliced*
- 8 ounces baby bella (cremini) mushrooms *sliced (do not use plain white mushrooms, as they do not have much flavor)*
- 3 tablespoons all-purpose flour
- 2 cups 2% milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground nutmeg
- 7 ounces 2% Greek yogurt

Instructions

Position a rack in the upper third of your oven and preheat to broil. Lightly coat a 2-quart, broiler-safe baking dish with nonstick spray.

- In a small bowl, stir together the Panko, Parmesan, parsley, and 2 tablespoons olive oil. Set aside.

- Blanch the green beans: Bring a very large pot of water to a boil. Prepare an ice water bath and set out a large, clean kitchen towel. Place the beans in the water and cook just until crisp-tender, about 3 minutes. Plunge into an ice bath to stop the cooking, then drain and transfer to the towel. Lightly pat dry.
- Meanwhile, heat 1 tablespoon oil in a large, wide saucepan over medium heat. Add onion and mushrooms. Cook, stirring frequently, until the onion is soft and golden and the mushrooms brown and have given up their liquid, about 15 minutes. Add the remaining 1 tablespoon olive oil. Sprinkle the flour over the top. Cook, stirring, for 1 to 2 minutes more, until all of the flour turns golden and no white bits remain.
- Slowly add the milk a few splashes at a time, stirring between each addition to prevent lumps from forming. Increase the heat to medium high. Stir in the salt, pepper, and nutmeg. Cook and stir, allowing the sauce to bubble, running a wooden spoon or spatula along the bottom of the pan. Continue cooking and stirring until the sauce reduces and thickens to resemble a creamy gravy, about 8 to 10 minutes. Remove from the heat and stir in the Greek yogurt.
- Transfer half the green beans to the prepared baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce. Sprinkle the breadcrumb mixture over the top.
- Broil, watching closely, until the casserole is bubbling and beginning to brown on top, 1 to 3 minutes, depending on your broiler. Let stand for 10 minutes prior to serving. Garnish with additional fresh parsley.

Nutrition Information (serves 10): CALORIES: 169, CARBOHYDRATES: 19g, PROTEIN: 8g, FAT: 8g, SATURATED FAT: 2g, CHOLESTEROL: 6mg, FIBER: 4g, SUGAR: 9g

Pecan Stuffed Dates



Ingredients

- 12 ounces Dates (about 17 dates)
- 36 Pecan halves toasted
- ½ cup powdered sugar

Instructions

1. Preheat oven to 340 F. Place pecans on a cookie sheet. Spread them out so they're not touching. Bake for 5-7 minutes. Be careful not to burn them. Let cool
2. Cut a small slit in the side of each date. Do not cut them in half. Place 2 pecan halves in the side of each date.
3. Roll the pecan stuffed dates in powdered sugar. Serve. Store in a air tight container for 7-10 days

Nutrition Information:

Calories: 95kcal | Carbohydrates: 20g | Protein: 1g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 1mg | Potassium: 161mg | Fiber: 2g | Sugar: 18g | Vitamin A: 33IU | Vitamin C: 1mg | Calcium: 16mg | Iron: 1mg

Easy Healthy Sugar-Free Apple Crisp



This Easy Healthy Sugar-Free Apple Crisp recipe is baked with Granny Smith apples and a crunchy topping, all with no refined sugar. This low-calorie dessert works well for breakfast, too!

Ingredients

Apple Filling

- 6 Granny smith green apples Peeled, cored, and sliced
- 1 tsp fresh lemon juice
- 1tsp cinnamon
- ½ cup sweetener
- 1tsp vanilla
- 1 tbs cornstarch
- 1 tbs water

Topping

- 1 cup rolled oats (see notes for low-carb substitute)
- ¼ cup brown sweetener
- ½ tsp cinnamon
- 3 tbs melted butter

Instructions

1. Preheat oven to 350 degrees
2. Grease an 8x8 baking dish. I use cooking spray.
3. Place a saucepan on medium-high heat.
4. Mix the cornstarch and water in a small bowl. Add to the pan and stir. Cook for 30 seconds.
5. Transfer the apple mixture to the bottom of the baking dish.
6. Combine the oats, brown sweetener, cinnamon, and melted butter in a separate bowl.
7. Spread the topping throughout the pan.
8. Bake for 20 minutes.
9. Loosely cover the pan with foil to prevent the topping from over-browning.
10. 10. Bake for an additional 20-25 minutes until the apples are soft.
11. Cool before serving.

Once you slice the apples they will begin to oxidize and turn brown. Drizzling them in lemon juice will prevent it. If you wish to add nuts, fold them in with the oats topping.

You can substitute the sweetener used in this recipe for any of the following:

- Regular sugar (you can use the same amount outlined in the recipe)
- **Pure Organic Maple Syrup** (1/3 cup in the filling and 3 tablespoons in the topping)
- Honey (1/3 cup in the filling and 4 tablespoons in the topping)

You can substitute melted coconut oil (best option) or olive oil, the same amount.

To make this dish with less carbs you can substitute oats for **monkfruit sweetened low carb granola**. Omit the cornstarch and use 1/2 teaspoon of xanthan gum and 1 to 1 1/2 teaspoons of water to thicken the filling. Combine the xanthan gum and water and then add it to the filling and stir.

Nutrition Information: Serving: 1serving | Calories: 189kcal | Carbohydrates: 26g | Protein: 2g | Fat: 7g

35-Calorie Hot Chocolate



This hot chocolate is so easy to make! It's sweet, creamy, and perfect for a chilly winter day. The recipe is easily doubled or tripled to serve friends!

Ingredients

- 2 cups unsweetened cashew milk
- 2 tbsp unsweetened cocoa powder
- 12 drops vanilla crème stevia, or to taste
- 3 drops peppermint extract (optional).

1. Add all of the ingredients to a small sauce pan, and whisk together until the cocoa powder is mostly incorporated. Cook over medium-low heat, whisking frequently, for 3-5 minutes or until warmed through. Pour into mugs and enjoy.

Nutrition info (serving size: 1 cup/8 oz) - Calories 35, Fat 2.5g, Sodium 225mg, Carbs 4g, Fiber 2g, Protein 1g